Peak Wellness:

An Integrated Cancer and Cardiovascular Disease Screening Model

Wendy Nading, RN, ND Kim Boyd, RN, NP, CNS, ND

Chronic Disease Screening & Prevention Program Co-Managers



Peak Wellness: Program Foundation

- Based on CDC's WISEWOMAN model
- •Integrated into existing Women's Wellness Connection (WWC) Breast and Cervical Cancer Screening Program
- Multidisciplinary approach
- Cardiovascular services funded through Cancer, Cardiovascular Disease and Pulmonary Disease (CCPD) Competitive Grants Program (Amendment 35 dollars)

CDC WISEWOMAN MODEL: Best Practice

Program Components:

- Administered through CDC's Division for Heart Disease and Stroke Prevention
- CDC funds 21 programs nationally
- WISEWOMAN services integrated into existing breast and cervical cancer screening programs (CDC's NBCCEDP)

CDC WISEWOMAN MODEL: Best Practice

Program Components:

- Provides chronic disease risk factor screening, lifestyle intervention and referral services
- Goal: Prevent cardiovascular disease by targeted interventions designed to promote lasting, healthy lifestyle changes

Peak Wellness: Program Components

- WWC breast and cervical cancer screening services
- Chronic disease screening for primary risk factors:
 - Physical inactivity
 - Poor nutrition
 - Tobacco use

Peak Wellness: Program Components

- Chronic disease screening for secondary risk factors:
 - Elevated cholesterol
 - Elevated blood sugar
 - Elevated blood pressure
 - High body mass index

Peak Wellness: Program Components

- Referral to a medical home for medical management of abnormal screening values
- Lifestyle Intervention targeting:
 - Poor nutrition
 - Physical inactivity
 - Tobacco use
- Lifestyle intervention based on:
 - Motivational Interviewing
 - Goal Setting

How to Save a Life...

A Story of Transformation

46 years old
African American
Lives in Aurora
Divorced and Unemployed (X 5 months)
Mother of 4, Ages 12-28
Caretaker of 2 year old grandson

BARBARA: Subjective Findings at Initial Visit

- Family history of father with heart attack at age 48
- No medical home
- No current medications
- Lifestyle assessment responses:
 - eats 1-2 servings of fruits/vegetables per day
 - eats fast food 5 times per week
 - walks 1-2 times per week
 - 1/2 pack per day smoker
 - readiness to change in physical activity only

BARBARA: Objective Findings at Initial Visit

- Blood Pressure: 148/92
- Lipids:
 - TC: 238
 - LDL 122
 - HDL 34
 - TG 105
- Glucose: 92
- BMI: 31
- PE: WNL

Nurse Case Management at Initial Visit

Assessment and counseling:

- Screening mammogram appointment
- Referred to Quitline for smoking cessation
- Counseling on personal chronic disease risk factors based on lab values
- Medical referral to medical partner generated based on clinical algorithm
 - Referred for elevated blood pressure and cholesterol
 - Referral appointment to be completed within one month

Lifestyle Intervention Counseling at Initial Visit

Assessment/Counseling by Registered Dietitian (RD) or Health Educator (HE):

- Goal setting based on motivational interviewing
- Discuss concerns/answer questions regarding current lifestyle and barriers
- Provide resources as needed
- Goal: Increase walking to 4 days/week for 20 minutes in the evening

One month telephone intervention with RD/HE

- Patient contacted by phone at one month to follow up on goal of increasing walking to 4 times per week for 20 minutes
- Patient reports success at meeting goal
- Patient also reports 2 lbs weight loss and new motivation to get healthy
- Set new goal to increase fruit/vegetables by one serving a day
- Patient reports being seen within one month at partnering provider and starting medication to control HTN and high cholesterol

Ongoing lifestyle intervention with RD/HE

- Patient receives quarterly newsletter with tips for healthy eating and active living
- Patient enrolls and successfully completes Cooking Matters 6 course series offered at TCHD and taught by RD
- Patient receives tailored letters throughout the year reviewing her personal risk for HTN, CHOL and BMI

Six month telephone intervention with RD/HE

- Patient contacted by phone at six months to follow up on goal setting and provide encouragement
- Patient reports walking 4 times per week for 30 minutes
- Patient also reports 5 lbs weight loss
- Patient reports eating fruit with breakfast and a vegetable with dinner everyday

Return for annual exam at 12 months

- Patient findings at annual exam:
 - BP 138/84 (148/92)
 - Lipids: TC 204 (238), LDL 100 (122), HDL 48 (34), TG 84 (105)
 - Glucose 84 (92)
 - BMI 29 (31)
- Subjective responses to lifestyle assessment:
 - Eats 3-4 servings of fruits and vegetables per day (1-2/day)
 - Eats fast food 1-2 per week (5/wk)
 - Walks 5 times a week for 45 minutes (1-2/day for 20 min)
 - Smokes 3-4 cigarettes per day with a readiness to change indicated (1/2 ppd no readiness to change)
- Patient reports regular access to medical home for ongoing medical concerns (no medical home)

Peak Wellness: Best Practice Concepts

- Lifestyle Intervention
- Motivational Interviewing
- Goal Setting
- Partnering to Establish a Medical Home

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Peak Wellness Team

Contacts

Wendy Nading, RN, ND wnading@tchd.org

Kimberly Boyd, RN, CNS, NP, ND kboyd@tchd.org